

## About your trainer

Heather Joy is a certified Laughter Yoga teacher, trained by the Giggling Guru himself, Laughter Yoga founder Dr Madan Kataria. And yes, it is her real name!

Her working life in media and the government has been ruled by deadlines and headlines. Stress is ever-present: she deals with it differently now. Haha! Laughter Yoga has also helped Heather Joy get through extended periods as carer of terminally ill loved ones, and the subsequent grief and dark days.

She offers professional Laughter Yoga classes in workplaces, community and aged care centres as well as corporate laughter wellness workshops and short conference pep sessions. She also trains others to lead laughter sessions. Although Heather Joy calls Brisbane, Queensland, home, she travels wherever Laughter Yoga takes her.

Service options are detailed at [www.thehappydemic.com.au](http://www.thehappydemic.com.au)



# Laughter Yoga



## The Happydemic

*Spreading wellness through laughter, seriously!*

### Contact Heather Joy

Become part of the Happydemic  
sweeping the world!

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Laughter Yoga is  
a powerful tool helping  
businesses and organisations  
reduce workplace stress and create  
happy and energetic workplaces.

It has nothing to do with jokes and comedy and  
everything to do with wellness and productivity.

Is your  
workplace  
ready for the  
Happydemic?





# 5 compelling reasons to bring Laughter Yoga to YOUR workplace

## 1. Beat stress

Participants feel the difference in the very first session.

## 2. Find focus

Laughter Yoga's breaths increase the body's net oxygen supply for optimal performance, concentration and energy.

## 3. Spark creativity

The playfulness of Laughter Yoga taps into the right side of the brain, the seat of creativity. It encourages new solutions to problems and nurtures fresh ideas.

## 4. Feel healthier

Scientific studies have shown Laughter Yoga helps strengthen the immune system. It's aerobic too, good in the battle against heart disease and hypertension.

## 5. Feel connected

Laughter Yoga, practised as a team exercise, develops collaboration, positive attitudes and trust: we feel safe to lower our 'masks' and get to know one another, genuinely.

**Add these together and you have a vibrant, productive workplace with greater job satisfaction and loyalty, less absenteeism, more pride – and a resounding 'Let's do it!' attitude.**



## What happens in a Laughter Yoga session

Laughter Yoga has four key components: clapping, breathing, child-like playfulness and laughter exercise.

Your certified laughter professional guides the group with instructions for different laughter, breathing and gentle stretching exercises.

Laughter Yoga may also incorporate laughter meditation or guided relaxation.

Laughter Yoga sessions can be held inside or outdoors, standing or seated. They are adaptable for all ages and abilities.

